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NOVEMBER 2019 | VOLUME 10 ISSUE 11

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MEET YOUR VENDOR: JOE WOODS, PAGE 3



# GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP | WASHTENAW COUNTY, MICH.

## STORIES OF SERVICE



Chelsea resident Cassie Michael will share from her experiences as a Marine at the Nov. 6 *Stories of Service*, benefiting the Ann Arbor VA Fisher House. **Page 6**



# Ann Arbor’s new police chief, Michael Cox, proclaims strong support for Groundcover

There are about 100 street newspapers around the world, about half of them in the United States. Whenever I hear of one of the few cities that has a street paper, my antenna immediately goes up in recognition. Such was the case when Ann Arbor announced that its new police chief, Michael Cox, is from Boston, where *Spare Change* is sold.

I attended the first of two “meet and greets” on Oct. 10 at Pittsfield Elementary School to make certain Chief Cox was aware that Boston and Ann Arbor have street papers in common. As a welcoming gesture, I presented



Cox with our two special editions and the current month’s issue and took the opportunity to share with him the vital role that the paper plays in the

lives of those who lack mainstream housing.

He not only accepted the current edition but offered a generous tip which I had not expected. He also welcomed a meeting between officers and vendors in order to strengthen communications.

I used the opportunity to let him know that *Groundcover News* (like all street papers) not only provides a source of income for vendors but offers timely and relevant stories and information about the struggles of those living with housing instability.

From *Spare Change* in Boston to

*Sacramento Sheets*, from *Groundcover News* to *The Contributor* in Nashville, Tenn., the street-paper concept bridges the gap between the housed and the unhoused. Through these papers, our communities and their leaders can bridge the gap between these too-often disconnected communities.

I was extremely proud and honored to introduce the street paper concept to our chief of police, Michael Cox. The City of Ann Arbor not only has a new police chief but a new Groundcover customer. ●

# New podcast captures vendor stories

**ELIJAH KLEIN**  
Groundcover Community High intern

My name is Elijah Klein. I am a new member to the Groundcover team, and I’ve really enjoyed my time so far. I have made a podcast about Groundcover, in which I interview vendors and we talk about life while being homeless. I just recorded the first episode, which you can now find on Spotify under the name Groundcover.

I came up with the idea for making a podcast because once I started being around the office and talked to more people, I realized that the people at Groundcover are very intelligent and have a lot of things they are passionate about and like to talk about. The vendors have stories and things to say, but other than the newspaper, they’ve had no platform to express these things. I want the podcast to be a place where I ask basic questions, but let it turn into a conversation about whatever the person I’m interviewing feels strongly about.

The first recording went well. I spoke with a vendor named Tony, who many of you readers have

seen. He’s worked with Groundcover almost since its beginning. I went into the recording thinking he would say a lot of negative things about his experience and how the area treats the homeless, but I was pleasantly surprised when he talked about how Ann Arbor gives a lot of opportunities and tries to help. He said that the people of Ann Arbor are courteous, and that he has made friends through selling the paper. He did say that lack of affordable housing is an issue facing the area, but that there is at least some progress with that. He made me realize that things may not be as bad as some news outlets make it out to be. You hear words such as “epidemic” used to describe homelessness, but when I was talking to a man with first-hand experience, it did not seem like that was very much the case at all.

There are always going to be hardships with homelessness, but there are positive things you can look at instead of dwelling on the negative. You should always try to make the best out of what you have, and I believe there are not many people who do that better than formerly homeless people such as Tony. Even with a hand dealt to them that could

very easily make people give up, these individuals push through adversity, because that’s how you get where you want to be. Tony said the experience of homelessness has made him a better person, because it really made him appreciate everything in his life a lot more. “You only appreciate what you really have once you lose it all,” Tony said, and I couldn’t agree more.

I had a very good time recording the podcast. It opened my eyes and helped me realize things aren’t necessarily as bad as some people make them out to be. I also got some good advice, such as to keep your head up and keep going no matter what gets thrown in your way, and to be grateful and appreciative for what you have. You may have heard these things a million times, but hearing it from someone who truly has been through a lot and has had to use the advice is something completely different, and I will always be grateful for the words Tony spoke to me. I will keep them in my mind for whenever I need to hear them. ●

## GROUNDCOVER

**Mission**  
Creating opportunity and a voice for low-income people while taking action to end homelessness and poverty.

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**Michelle DeFrancesco** — managing director  
**Jim McBee** — managing editor  
**Andrew Nixon** — editor

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## MEET YOUR VENDOR



**Joe Woods, vendor No. 103**

**In one sentence, who are you?**  
I am the GOAT when it comes to this game.

**Where do you normally sell Groundcover?**  
Cherry Republic

**When and why did you start selling Groundcover?**  
July 2012. I was looking for work.

**What’s your favorite thing about selling Groundcover?**  
You never know what the day is going to bring.

**What’s something our readers should know?**  
I’m passionate about what I do.

**What’s the most interesting thing that’s ever happened to you while selling Groundcover?**  
Every day is a new adventure when selling Groundcover.

**How would you like to see Ann Arbor change for the better?**  
Make housing cheaper. ●

## Delicate

**CHRISTOPHER ELLIS**  
Groundcover contributor

She bends, a flower  
gives, and  
the snow won’t seem  
kind in the morning  
fall...  
As her chair moves, she pushes  
on  
while leaves are green.

# To honor their passing...



**PAULA ANDERSON**  
Groundcover vendor No. 157

Two of my favorite community members passed away in June. One of them was June 17 and the other June 25. It was hard for me to know that my close people are now in heaven.

I found this quote for one of my neighbors’ obituaries. I thought it was the nicest quote.

*“We can’t know why the lily has so brief a time to bloom in the warmth of sunlight’s kiss upon its face before it folds into its fragrance and bids the world good night to rest its beauty in a gentler place. But we can know that nothing that is loved is ever lost and no one who has touched a heart can really pass away because some beauty lingers on in each memory of which they’ve been a part.”*

— Ellen Breneman

# Should corrections officers wear body cameras?

**AARON ST. GERMAIN**  
Prison correspondent

We see police brutality in the media — people sworn to protect and serve are the ones we fear. Prison is no different. Not every corrections officer is a bad one, but there is a very us (inmates) vs. them (corrections officers) mentality.

Officers can be cruel and degrading, and with complete authority they dictate our lives in here. Cameras are in place, but there is no audio. A CO can cuss you out, degrade you or threaten to harm you. But the grievance you file is denied due to a lack of evidence. Now, if an inmate threatens or degrades a guard, it is written up as insolence or threatening behavior (for which you get sent to solitary confinement) and you are found guilty because it is our word against theirs — and the CO wins everytime.

I had the opportunity to talk with some COs about how they felt about having to wear a body cam in prison. A constant in their answers was that they don’t like it because they like to “talk shit” with the inmates and other COs. Some COs felt that the way they conduct themselves as officers isn’t completely wrong. They admit to doing things that might be frowned upon, but they don’t view it as wrong.

For example, they like to tell other inmates what inmates are in prison for. The worst thing you can be in a prison for other than a snitch is a “chomo,” a child molester. Some COs feel it is their duty to tell or warn other inmates when a chomo is in the unit. When inmates find out, they tell their homeboys (nine out of 10 times they are gang-affiliated) and they go to the alleged chomo and tell him, “Hey man, we can protect you if you pay us X amount a month.” This is a common practice in prison

known as squeezing; you are squeezing what he’s got out of him.

Other COs think squeezing is wrong and shouldn’t be allowed, but those COs use people for another reason: information. These COs like to know who has drugs, cell phones, knives and so on. They like to keep their informants confidential.

I’ve also talked to some inmates about what they thought about COs wearing body cams and everyone loved the idea. My transgender friend embraced the idea because then her grievances regarding harassment and degradation would be found to be with merit. Another guy liked the idea because he would use the body cam to identify snitches if he got busted for drugs (assuming he had access to the video). Another guy liked it because then the COs couldn’t try to frame you with a banger — a homemade knife, usually sharpened metal — or drugs or whatever.

I think we’d see a lot more truth with the body cams. But at the same time, small favors from COs would disappear. For instance, sometimes guys are allowed to go into another part of the unit to get money for the store, or a CO might even give you a pen or pencil. COs mustn’t have favorites, so if it is known that they do it for some, they’ll have to do it for everyone, and they’re not allowed to become overly familiar with prisoners.

The injustice of shady COs has to end. But will the body cams hurt more than they help?

**Aaron St. Germain #852963**  
Brook Correction Facility  
2500 S. Sheridan Dr.  
Muskegon Heights, MI 49444 ●





# Homelessness Awareness Week, November 16-24: Events throughout Washtenaw County

## Groundcover staff

Every year, over 5,000 people experience homelessness right here in Washtenaw County. Many more experience food instability.

Each November, National Hunger and Homelessness Awareness Week serves as a nationwide spotlight, highlighting the issues of hunger and homelessness in our country. This year, the week takes place Nov. 16-24. The Washtenaw Housing Alliance and other local agencies and organizations have a variety of events planned to honor the week and provide awareness, education and advocacy opportunities for our community.

Just prior to the weekly observance, on Nov. 13, WHA's State of Homelessness Event at Washtenaw Community College's Morris Lawrence Building from 5:30-7:30 p.m. will provide background information about Washtenaw County's homeless system of care. People who have been homeless will share some of their stories. Attendees will also hear updates about our community's plan to end homelessness and the most current data on homelessness in the county. Participants will learn about the different programs and partner agencies that make up our county's homeless response system. This event is free and open to the public, and refreshments will be served. RSVP through their blog, [whalliance.org/news-events](http://whalliance.org/news-events).

A march to demand affordable housing for all in Ann

Arbor and Ypsilanti will take place on Nov. 17 at 1 p.m. It will start at Liberty Square Plaza and wend through downtown Ann Arbor, ending back at Liberty Plaza where people will be invited to speak about and listen to people sharing their stories about housing insecurity. All are invited and encouraged to participate. Organizers of the event include GDC Local 12, Huron Valley Democratic Socialists, Mission, Journey of Faith Church, Poor People's Campaign, and people affected by the housing crisis in Washtenaw County.

The film, "Owned: A Tale of Two Americas," will show the next day, Nov. 18, at 7 p.m. at the Michigan Theater. The \$10 tickets are available at the Michigan Theater and its website.

Students from the University of Michigan, Concordia and Eastern Michigan University will sleep outside the night of Nov. 19 to raise awareness about the problem of homelessness. Students may use sleeping bags, cardboard boxes or tents. While most of the night will be spent sleeping, the first couple hours will include speakers, discussions or activities to educate the participants about homelessness. Contact Samantha Adams of the Shelter Association of Washtenaw County at 734-662-2829 ext. 226 for more information about joining fellow students in this event.

On Thursday, Nov. 21 from 2-5 p.m., Packard Health, U-M Medical, Ozone House, the WHA and the SAWC are teaming up at the Delonis Center (312 W. Huron

Street in Ann Arbor) to provide a day of free health care for those living with homelessness. This free community event is designed to encourage healthy lifestyles, prevent and manage diseases and connect people with the available community resources they need.

On the evening of Nov. 21, the Shelter Association is bringing back "Put a Roof On It: Comedy for a Cause." Actress and comedian Kira Soltanovich will entertain at the Ann Arbor Comedy Showcase with all proceeds of the \$20 admission charge going to the SAWC. There will also be a 50/50 raffle. The show begins at 7:30 p.m. with doors opening at 7:15 p.m.

The SAWC is sponsoring a Road Rally from 5-9 p.m. on Friday, Nov. 22, starting at the Delonis Center. Participants will learn about the city of Ann Arbor as they follow clues and vie to finish first. A sale of Shelter Association client art, an open mic and cash bar will follow the rally. Register through the SAWC by November 4. The \$25 per person entry fee will benefit the SAWC.

The SAWC is also challenging community members to discover ways they can help the homeless community (Sunday, Nov. 17) and take the SNAP Challenge by limiting weekly spending on food to \$28 or fasting for the day and making others aware of why they are doing it and the underlying issue of hunger in our community (Wednesday, Nov. 20). ●

## Unpacking the 'brochure'

**JERRY CHARBONNEAU**  
Groundcover volunteer

I was driving on Ann Arbor's west side going from a local church on Miller Avenue to run an errand when I got caught in slow traffic on North Maple. While I was engaged in my usual critique of urban life, I noticed many of the housing units were multi-family and were called cooperatives. I also noticed while I was waiting for a school bus to unload that most of the students were minorities, mostly black.

Meanwhile, I pondered the larger issue of land use in Ann Arbor and the experience of oppression and pain of place.

I decided to review my column from the September 2019 edition of Groundcover, in which I interviewed the resident councils of three low-income public housing complexes. The first group was a public housing complex called Green Baxter Court. The residents expressed the pain and oppression of being trapped in their current living place with no hope for improvement. They were people of color, again mostly black.

The next focus group was at the Hikone community, which likewise was comprised largely of people of color — again, mostly black.

The third focus group meeting was with folks at the Bryant community. Again, residents expressed the pain of an oppressive housing system, which offered them no hope. Once again, the place and identity of the residents closely resembled the others.

The stories of the residents of these three low-income public housing projects are not in the "brochure" many Ann Arbor residents are smoking. Only the great things the city is doing are in the brochure. (The brochure is a metaphor for the city's self-image as a great place to live, its status as most-educated, its U-M's "Leaders and Best" slogan, all those Top 10 lists.)

The pattern I see is that the city's low-income housing communities and minority populations are often hidden away, out of sight from the mainstream — not included in the "brochure." People of color are tucked away.

Recently, at a presentation on neo-colonization and academia at U-M's School of Social Work, Dr. Clelia Rodriguez addressed how colonization was present at the university. Rodriguez claimed the university believed it was doing well by addressing oppression, but she criticized this saying it is the privileged who speak, not the minorities. She reminded me of the importance of place in social life. Residents of public housing in Ann Arbor are the victims of colonization. Of being trapped in a place that satisfies the beliefs and preferences of the privileged but does not offer change for all residents.

Groundcover will continue to be a voice of the silenced.

Next month's column will address the liberation of public housing residents and possibilities of how they might change their destiny. (*Hint: How do the disenfranchised discover their rights?*) ●


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## Hunger & Homelessness Week Events

Nov. 17th



Service  
Sunday

Nov. 18th



Washtenaw  
Housing Alliance  
Film Screening

Nov. 19th



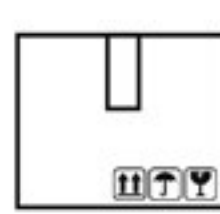
Campus  
Sleep-Out

Nov. 20th



SNAP  
Challenge

Nov. 20th



Dine-In  
Move-Out

Nov. 21st



Comedy For  
A Cause

Nov. 21st



Health &  
Wellness Fair

Nov. 22nd



SAWC  
Road Rally

Nov. 23rd



Day of Caring

For more information, contact Samantha Adams at  
734.662.2829 (ext 226) or visit [annarborshelter.org](http://annarborshelter.org)



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Bethlehem Church is home of the Groundcover office



### NOVEMBER 2019 EVENTS AT BETHLEHEM

Nov 3 Totenfest Memorial service, 8:30 and 10 AM  
Nov 7 & Dec 7 German Pretzel Sales, 11-1, \$1 or \$10 dozen  
Pre-order at 734-665-6149  
Nov 8 Fall Bazaar and Luncheon, 10 AM - 2 PM  
Ticket orders 734-665-6149  
Nov 14 All Church Game Night, 6:30-8:30  
Nov 16 & 30 Football parking in the church lot  
Nov 21 Bethlehem Prayer Circle, 11:30-12:15

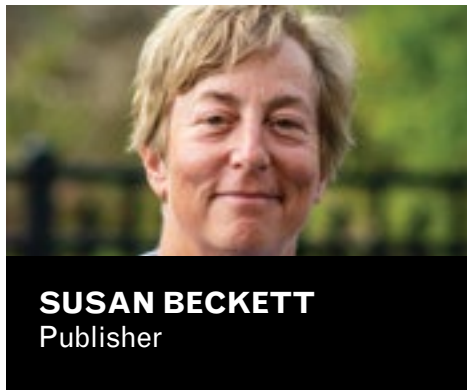
LOOKING AHEAD - Dec 6 will be our LIVING NATIVITY, 6-8:30 pm



**Sunday Worship Times**  
8:30 a.m. Chapel  
10:00 a.m. Sanctuary  
10:15 a.m. Sunday school  
Coffee Connection  
follows each service



# Stories of Service powers healing, funds family support for ailing veterans



**SUSAN BECKETT**  
Publisher

## 'I became a monster'

Fischman is a returning storyteller but this year is Michael's debut. She shared parts of her story with fellow students as an undergrad as part of the Warrior-Scholar program and now as she is completing her masters in social work at the University of Michigan. It was as a panelist on Women in the Military that she first met the people working on bringing a Fisher House to Michigan. At the time, she was consumed as a student and mother to two young children.

She now feels that sharing her experiences could be valuable to her, and she wants to shed some light on a woman's experience in the military and dispel some commonly held misperceptions — take, for example, her road to the Marines. She enlisted after a single semester at U-M Flint, not because she was struggling — in fact, she had a 4.0 average and no financial concerns — but because she was bored.

"I never had to work for anything," Michael said. "I wanted to do something that would shock people and prove to myself I could do something tough. I googled 'toughest branch of service' and the Marines came up. I was 18 and enlisted. My mom cried when I came home and told her. Being a Marine was my first job."

Before deployment to Iraq, Michael endured harassment, sexual assault and coercion and was soon asking herself, "What have I done and how can I get out of this?"

She was very angry and her sense of self-worth had been severely diminished. She was then vulnerable to the systematic negative indoctrination she says she received regarding the Iraqi people. She was enraged when she was summarily separated from her combat engineering unit and assigned to the Lioness program in which she searched Iraqi women returning home from the local stores.

"I was in combat but, as a woman, not allowed to return fire. I'm grateful now because I would have killed any Iraqi man, woman or child without compunction. I lived like I was dead, empty, unfeeling, hollow. I became a monster. I was cruel to the women I searched."

However, one day an Iraqi woman ran into the Lioness bunker, frantic because her son had been kidnapped by a terrorist group. She was begging

See **SERVICE** page 11 ➔



Detroit's Tyrone Chatman will recount stories of his time in the Army in Vietnam and his work providing services to Veterans and homeless people.

## Know and go:

**What:** Stories of Service

**When:** Nov. 6, doors open at 6:30 p.m., program begins at 7 p.m.

**Where:** Michigan Theater in Ann Arbor

**Tickets:** available at [storiesofservice.org](http://storiesofservice.org) and at the door if any are left. You can donate online and at the event.



# Hire a vet – MI Vet job fair 11/5

**JIM MCBEE**  
Managing editor

If you're a veteran who needs a job or a career reboot, check out Hire MI Vet's annual employment event Nov. 5 at Washtenaw Community College.

"We've been very, very, very successful," said Don Deatrick, the organization's president and member of a family that boasts four generations of military service. Last year's event saw 25 of 76 veterans walk away with jobs, he said, whereas most career fairs only employ 7-10% of attendees.

You might be surprised in this time of high employment how many veterans are jobless, Deatrick said. He cited Monique Beck, an Air Force veteran who got out of the military only to face divorce. She was living in her car with her three children when she came into contact with Hire MI Vet through the Veterans Administration.

Beck wound up in a job finding jobs for other vets, and finished her bachelor's degree in vocational rehabilitation. In 2016, she was chosen to attend the White House Summit on Homelessness as part of the Mayors Challenge to End Veteran Homelessness, an initiative championed by Michelle Obama.

This year's event will feature 32 employers representing a wide range of fields and levels, Deatrick said, including entry-level jobs and internships. Participants include insurers Delta Dental and Blue Cross Blue Shield, Liebherr-Aerospace, Busch's Market and the VA Ann Arbor Healthcare System.

All former military are welcome, Deatrick

said, but "we're focusing on recent veterans." "It's very difficult to reach young veterans," he said.

Hire MI Vet was founded when the Veterans Administration, "looking for some partners," came to Rotary Club of Ann Arbor. Very quickly, 25 Rotarians got together and organized a 2015 job fair. Hire MI Vets got its nonprofit status in 2018.

Everyone involved is a volunteer and includes "highly skilled people — doctors, lawyers, etc.," Deatrick said. "I call it my dream team."

The organization also holds informal, monthly meet-and-greets between veterans and employers. A few volunteers mentor veterans on job-search skills such as writing cover letters and compiling resumes. "I've mentored five or six veterans," Deatrick said. ●

## Know and go

**What:** Hire MI Vet job fair

**When:** 9 a.m.-noon, Nov. 5

**Where:** Washtenaw Community College, Morris Lawrence Building, 4800 E. Huron River Drive, Ann Arbor

**Info:** [hiremivet.org/hmvhe](http://hiremivet.org/hmvhe)



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# Fallen

**RON PAGERESKI**  
Groundcover contributor

Alone he stands, plastic cup in his hands.  
Help me get a bite to eat he said,  
Looking like he's about half dead.  
His voice so quiet, I could hardly hear.  
In his eyes a look of far-away fear.  
People rush past him pell-mell  
Often they tell him, go to Hell.  
But Hell is what he's known for so long  
Once his ears heard a sweeter song.  
Family and friends were in the past,  
He fell from grace, they did not last.  
He's had to learn life on the street,  
His only bed, a cardboard sheet.  
He made the bed he must now lie in  
His home, the street he now must cry in.  
His health is bad, he won't last long  
But no one cares, he'll get no song.  
A pauper's grave, is where he'll lay.  
Will anyone even have a prayer to say?

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\*Kiwanis will be closed December 27<sup>th</sup>-28<sup>th</sup>, 2019.

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# Ypsi's Corner Health Center: affordable physical & mental health services for teens, young adults



**WILL SHAKESPEARE**  
Groundcover vendor No. 253



Corner health staff at their Ypsilanti office where they provide health services to teens and young adults, regardless of their ability to pay. Left to right: Versell Smith, Jr – Executive director; Paula Brown – Chief Development & Engagement Officer; Jaz Brennan – Community Health Educator; Breah Wasson – Clinic Manager.

The Corner Health Center is about community intervention to solve the problems of inequity, to provide high-quality, affordable health care, and to ameliorate the challenges faced by young people. Corner Health offers health care and mental health services for teens and young adults. Services are judgement-free and confidential to any 12- to 25-year-old and their children regardless of ability to pay. Corner Health's current location is 47 N. Huron Street, Ypsilanti.

In a February 1981 Detroit Free Press article, Dennis Durkee described the new Corner Health Center as an "innovative health clinic to serve Ypsi teenagers." Nancy Margolis, deputy director of the Washtenaw County Community Services agency at that time, said Corner Health would "offer a wide range of health services aimed at low-income teenagers who may not have access to a family doctor."

"The reason that the Ypsilanti area has been designated as the location for the Center is because of its high rate of births to adolescents," Margolis said.

By 1977, Ypsilanti and its nearby townships had a teen pregnancy rate six times higher than the rest of Washtenaw County. There were 72 births to girls 17 and younger for every 1,000 births in the Ypsilanti area, compared to only 11 births to moms in the same age range countywide.

While statistics improved after the 1980s, other reasons for founding Corner Health Center are still relevant. Ypsilanti and its nearby townships have been underserved for several decades in medical services, social services, employment opportunities and income growth. The equity gap between Ypsilanti and Ann Arbor continues to be a major topic of policy discussion by area leaders.

Clinic founders started to seek funding about two years before it opened, said Paula Brown, current chief development and engagement officer of Corner Health. Other

organizations in Washtenaw County and Michigan helped give Corner Health Clinic a lift-off and county commissioners approved it in February 1980. A \$40,000 state grant, plus money from Washtenaw Interfaith Council of Congregations and the Jewish Foundation of Ann Arbor, provided the initial operating budget. The planning proposal for Corner Health called for a medical staff headed by Dr. Donald Horner, U-M instructor of pediatrics, obstetrics and gynecology. Staff members from Washtenaw County Health Department were expected to provide services and the St. Joseph Mercy and U-M Health Systems would help.

More than 1,000 teenagers were targeted to receive medical and social services during 1981. Teenagers from poor families who could afford to pay something for a doctor's visit would be charged nominal fees; those unable to pay would receive free services.

Before her death in 2016, Joan Chesler, a founder and original executive director, shared her thoughts: "The Corner was founded upon the belief that all youth have a right to

high-quality, affordable health care, and that young women in particular should be able to control their reproductive health with access to safe, confidential birth control and maternal health services. What started as a 'mom and pop shop' led by me and Dr. David Share has grown into an important community and statewide resource."

Today Corner Health also does proactive programming. In addition to educational workshops and peer theater dialogues, the following services are provided: physical exams and sick visits, immunizations, nutrition counseling, insurance enrollment, health and fitness education, community resources referrals, confidential STI and pregnancy testing, confidential mental health/behavioral services and psychotherapy, the Women, Infants and Children food program, pediatric care for children of young people aged 25 for less and reproductive health care, including tests and birth control.

Under current Executive Director Versell Smith, Corner Health has continued the tradition of success. Smith has expanded workshops and the

theatre troupe created by Chesler and Share in 1982. "By using teens as peer educators through the dramatic format," Share said, "the Corner has created a non-threatening way of getting teens to confront issues and think about them intellectually and emotionally ... before they have to deal with them." Corner Health has long emphasized this educational component, as well as healthy living and personal responsibility.

In recent years, the clinic's teen theater troupe has visited schools in southeastern Michigan to promote dialogues on issues such as sexuality, relationships, depression, anxiety, drug abuse, the opioid crisis, dangers of vaping, bullying and high suicide rates in Washtenaw County compared to the nation. "It seems like a natural link," said Jaz Brennan, a health educator who is co-facilitator of the clinic's troupe.

The initiative's impacts are cause for celebration, but the needs for community intervention and regional equity still exist. Corner Health has numerous collaborative partnerships with schools and health care providers. ●

**Sudoku** ★★★★★ 4puz.com

9	2				1			4
		5		9		6	8	
			5				1	
5		8					7	3
	3						4	
2	4					8		5
	5				8			
	9	3		2		5		
7			9				3	1

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

**GROUNDCOVER NEWS**

**Volunteer Meeting**

Please join us at our quarterly volunteer meeting to help shape the future of Ann Arbor's street newspaper! Discussions will include:

community outreach strategies • vendor recruitment • fundraising • volunteer recruitment & training • vendor holiday party

**Thursday, November 14, at 7 pm**

**Groundcover News Office**  
423 S. 4th Ave., Ann Arbor, Mich.

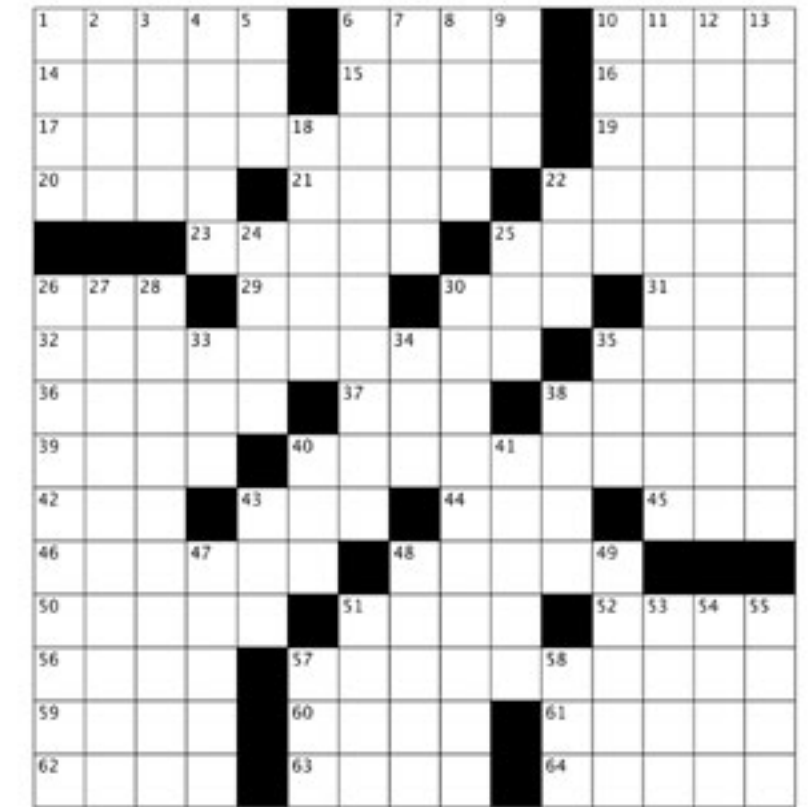
Bethlehem United Church of Christ  
Opposite the elevator on the basement level

groundcovernews.org | 734.263.2098

Let's Ride! Peter A. Collins

## ACROSS

- CIA operative
- \_\_\_ pump
- Bamboozle
- Peach or lavender
- Health-care grps.
- Everything, in Germany
- \* Arts and crafts chain
- Snitched
- Olympic blade
- What you and I share
- Short strokes
- "Whole \_\_\_ Love" (Led Zeppelin song)
- Catchy tune, maybe
- 106 to Caesar
- Ailment that's sometimes treated with cranberry juice: Abbr.
- Uncooked
- The Eagles (formerly Hurons) of the MAC
- Like the orientation of this answer
- Textbook category
- Prefix with -clast
- Diamond, for one
- Jobs creation?
- Aaron in the Hall of Fame
- Impromptu jazz performance
- Albert Einstein's birthplace
- Quarterback's bark
- Some printers: Abbr.
- Prov. whose capital is Yellowknife
- Former PLO leader Yasir
- Rotini or rigatoni
- Like a yak
- Baylor University's home
- Furtive attention-getter
- Edit menu option
- \* Mysterious Cosmic stuff
- Long stretch
- Wicked
- Declare
- Mailed
- Big Board inits.



Peter A. Collins

- Word that can follow the first word of the answers to the starred clues
- Diminutive dogs
- Singer's limits
- \* British heavy metal band
- Tumble-down
- Body art, slangily
- Pro \_\_\_
- Good times
- Admin. aide
- Stick (out)
- \_\_\_ salt
- Part of a stable diet?
- "Fire and Ice" poet
- Helen of Troy's abductor
- Is \_\_\_ (probably will)
- Like some potato chips
- Night light?
- They come before spikes
- See 58-Down
- Animal house?
- With 55-Down, shade provider

## DOWN

- Post-workout woe
- Icky stuff
- German river to the North Sea
- Dynamite inventor Alfred
- Take a taste of
- Chastising, in a way
- Blackest part of a shadow
- Swarms
- "Gangnam Style" rapper
- Stopped lying?
- \* Line item?
- Coldest ever
- Future Doc
- Gambling game
- Comic-strip sound
- Greek liqueur
- Bud

## Groundcover Vendor Code

While Groundcover News vendors are contracted self-employees, we still have expectations of how vendors should conduct themselves while selling and representing the paper. Every vendor reads and signs this code of conduct before receiving a badge and papers. If you discover a vendor violating any tenets of the code, please contact us at [contact@groundcovernews.com](mailto:contact@groundcovernews.com) or 734-263-2098 and provide as many details as possible. Our paper and our vendors should benefit our county. All vendors must agree to the following:

- Groundcover News will be distributed for a voluntary donation of \$2, or the face value of the paper.
- I agree not to ask for more than face value or solicit donations by any other means.
- I will only sell current issues of Groundcover News.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper.
- I will wear and display my badge when selling papers.
- I will only purchase the paper from Groundcover News Staff and will not sell to or buy papers from

- other Groundcover News vendors, especially vendors who have been suspended or terminated.
- I agree to treat all customers, staff and other vendors respectfully. I will not "hard sell," threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover News under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover News but a contracted worker responsible for my own well-being and income.

- I understand that my badge is property of Groundcover News and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover News.
- I understand to refrain from selling on public buses, federal property or stores unless there is permission from the owner.
- I agree to stay at least one block away from another vendor. I will also abide by the Vendor corner policy.



# Boober, book update



My book, “Rising out of Depression and going Up the Royal Road,” is progressing. We got feedback from the publisher and he said that I need to publish my “100 reasons” and explain more about how I found Buddhism. This is a really great story that comes around full-circle.

My advertising business is going along really well. My newest advertiser, Fran 10k, is submitting me for an advertising award: the Obie Award. Fran has told me that I am the best person he has ever worked with in his career of advertising. He says I am a real pro. He has lined up three new advertisers for me for 2020, which is huge for Boober. It costs a lot of money just to build an app; I feel it will be even more money to advertise the app. So, my dreams are coming true — I will finally be able to pay salaries to my top guys who have been working tirelessly.

We have a great new addition to our staff. Ray, who used to work for us, was going through an extreme rough time — he had lost his daughter to a car-jacking — and couldn’t work for a while. Recently, I was at a special event at the Heritage Festival and a lady came up to me, asked about Ray and told me how helpful he was last year. So I called him up and asked him if he wanted to work. I Ubered him here a few months ago. He has really stepped up and has been a tremendous help being a leader at the shop and alleviating a lot of my stressors. He also offers a lot of wisdom at solving problems that have helped save Boober money. ●

# Mental illness among the homeless: consequence, not just cause

SANDRA S. Vendor No. 233

In last month’s article, I talked about how trauma can have symptoms of depression. I insisted that homelessness deserves to be treated as a real form of trauma. So, this month I will talk a little more in depth about depression.

Depression is also common among the homeless community. Symptoms of depression are quite common in someone dealing with issues around housing.

Signs of depression include: depressed mood, feelings of sadness or emptiness, loss of interest or pleasure in previously enjoyed activities, significant weight changes, restlessness or slowing of activities, persistent fatigue or loss of energy, excessive feelings of guilt or worthlessness, persistent difficulty with concentration or decision-making, sleeping pattern changes, and suicidal behaviors or recurrent thoughts of suicide.

Can you picture a homeless guy feeling unworthy of deserving housing after being unsuccessful finding a place to live? Or maybe a homeless person changing his/her weight and sleeping patterns pretty drastically due to the fact that s/he doesn’t have a place to cook a healthy meal and a bed to rest in at night? In the hectic tragedy they are living, they are in a constant state of tiredness — so, how will they be able to focus enough to make wise decisions or engage in activities where they can break free from this chaos they are living in? This is what reality really looks like for them! If you can’t imagine it because you haven’t lived through the struggle. I am trying to give you a snapshot here.

More likely than not, a homeless person might need treatment for depression. There are many forms of treatment available.

Depression treatment often involves medications that are called antidepressants. They increase the availability of certain brain neuro-

transmitters, such as serotonin and dopamine.

Another way to treat depression involves resetting the body’s circadian clock by spending a night of sleep deprivation followed by a night of sleep recovery with an outcome of improving depressive symptoms.

Other therapies that treat depression and are more widely accepted include behavioral activation therapy, interpersonal psychotherapy, cognitive-behavioral therapy, and mindfulness-based cognitive therapy. These therapeutic approaches seek to help a patient identify problem behaviors and to learn how to substitute them with new skills that not only help them cope with their depression, but also end up becoming a part of a healthier lifestyle.

But the commonly known type of depression (major depression) isn’t the only one that exists. There’s also a diagnosis in the DSM-5 called bipolar disorder, formerly called manic-depression.

The difference between major depression and bipolar disorder is that, with bipolar, typical symptoms are exaggerated: alongside episodes of deep depression can come feelings of grandiosity or extreme self-importance, decreased need for sleep or feeling rested after minimal sleep, racing thoughts or frequent change of topics or ideas, distractibility that may involve attention to

unimportant environmental stimuli, increased social, sexual or work-related activity, and physical restlessness leading to impulsive involvement in activities like excessive spending or gambling.

Treatment for bipolar focuses on targeting the individual’s main symptoms. This often involves a combination of medications (called mood stabilizers), psychotherapy and educating the patients and family members or people who support them. Such patients must learn the importance of taking their prescribed medications and getting into the habit of practicing their mood-regulation strategies learned in therapy. Unfortunately, it is common that patients with bipolar disorder report discontinuing their medication because the side effects seem to them worse than the symptoms being treated.

If you identify with any of what I wrote here, whether you are or have been homeless or not, I urge you to seek help. There are several clinics in the area offering financial assistance for the treatment of these diagnoses, such as Corner Health for young people aged 12-25, the Women’s Center of Southeast Michigan in Ann Arbor and Washtenaw County Community Mental Health (734-544-3050). The sooner you treat it, the sooner you will find relief and be back in charge of your own life. ●



GROUNDCOVER NEWS ADVERTISING RATES				PACKAGE PRICING	
Size	Black and White	Color	Approx. Size (W x H)		
Business card	\$49.95	\$65.95	2.5 x 1.5	Three Months/Three Issues: 15% off	
1/8	\$89.95	\$129.95	5 x 3 or 2.5 x 6.5	Six Months/Six Issues: 25% off	
1/6	\$129.95	\$165.95	5 x 4	Full Year/Twelve Issues: 35% off	
1/4	\$159.95	\$215.95	5 x 6.25	Additional 20% off ads with coupons	
1/2	\$299.95	\$399.95	10.25 x 6.5 or 5 x 13		
Full Page	\$495.95	\$669.95	10.25 x 13		

# 10 for \$10

## Exploring Washtenaw County on the cheap

Groundcover staff

Looking for something to do that won’t break the bank? Hoping to try something new? Wanting a little something sweet or savory? **10 for \$10** is here to provide you with low-cost or free things to do in Washtenaw County.

**1 All Hallows Illumination of Frog Island.** Not sure what to do with your jack-o-lantern after Halloween? Take it and the fam down to the park in Ypsi and light it with perhaps hundreds of others. It’s one more chance to wear that costume. 699 Rice St, Ypsilanti. 7-9 p.m., Nov. 1. **Free.**

**2 Stewardship Workday: Kuebler Langford Nature Area.** Help volunteers remove non-native shrubs and collect native seeds. Meet at the park entrance on Beechwood Drive, north of Sunset Road. Wear long pants and closed-toe shoes. All participants must complete a release form, and minors should be accompanied by a guardian. Tools, snacks and know-how provided. 1600 Beechwood Drive, Ann Arbor. 9 a.m.-noon, Nov. 2. **Free.**

**3 “Other People’s Words.”** Cairo-based artist Amira Hanafi discusses story projects about human-rights defenders of Egypt’s 2011 uprising. U-M Donia Human Rights Center, 110 Weiser Hall, 500 Church. 4-5:30 p.m., Nov. 4. **Free.**

**4 Saline Fall Craft Show.** Check out more than 150 booths displaying crafts from all over Michigan and beyond at Saline Middle School, 7190 N. Maple Road, Saline. 8 a.m.-3 p.m., Nov. 9. **\$5**

**5 Sunday Artisan Market.** Each Sunday, there’s a juried market of local handmade arts and crafts at the Farmers Market in Kerrytown, Ann Arbor. Check out artist demonstrations on making cork bags and enter a raffle. 11 a.m.-4 p.m., Nov. 10. **Free.**

**6 Arlington Michigan Display.** Veterans for Peace will hold a ceremony and display of 230 crosses, one for each of the Michigan soldiers killed in the Iraq and Afghanistan wars. Southwest corner of Veterans Park, 2150 Jackson Road, Ann Arbor. 11 a.m., Nov. 11. **Free.**

**7 Graffiti as Devotion along the Nile.** In ancient times, pilgrims traveled to Kush, a kingdom in what is now northern Sudan, and left their marks on temples, pyramids and other monuments. Docents at Kelsey Museum of Archaeology (434 S. State St., Ann Arbor) lead a tour of the current exhibit. 2-3 p.m., Nov. 16. **Free.**

**8 String Showcase.** Students at U-M School of Music perform solo and ensemble chamber works at U-M Walgreen Drama Center Stamps Auditorium, 1226 Murfin Ave, Ann Arbor. 7 p.m., Nov. 20. **Free.**

**9 Fall Fireside Storytime.** Take the little ones (ages 3-8) to Independence Lake to hear guest reader and literacy advocate Natalie d’Aubermont Thompson. Afterward, go on a nature hike. A blanket is recommended. Dress for the weather. 3200 Jennings Road, Whitmore Lake. 10-11:30 a.m., Nov. 23. **Free,** but advance registration is required: [bit.ly/2P1MhKl](http://bit.ly/2P1MhKl)

**10 Pop on Main Street.** Support small businesses in downtown Milan and enjoy pop-up markets, food trucks, artisans and vendors. 10 a.m.-3 p.m., Nov. 30.

Want to contribute to **10 for \$10**? Send ideas for inexpensive experiences and treasures in and around our community to [submissions@groundcovernews.com](mailto:submissions@groundcovernews.com). ●

➔ **SERVICE** from page 6

for help and, in that moment, Michael recognized their shared humanity. With the change of outlook, she came to treasure her experiences as a Lioness, thankful that she got to know the women and the local police as people. It forever changed her perspective on conflict and led to a categorical rejection of demonizing groups of people. It allowed her to reclaim her humanity.

“I realized that everybody has a story ... if we treated each other with just an ounce more compassion and respect, the world would be so much better,” Michael said.

## No welcome home

Among the night’s storytellers will be Tyrone Chatman, who joined the Army with a buddy at the age of 17 to escape the poverty of east Detroit. His father was a Korean war veteran and alcoholic with too many children, so the boys were expected to get out and support themselves as soon as they were old enough.

“We got fresh milk and real eggs, so go Army!” Chatman quipped.

Chatman was trained as a radio operator and ran the communications system for his unit when he was stationed in Hanau, Germany. In Vietnam, he was part of the Pacification Initiative, meeting with chiefs and villagers in little hamlets to secure their cooperation and intelligence in exchange for support and protection.

Chatman has a “Pandora’s box of bad memories” from that time that left him with PTSD, but being a military adviser “was a profound experience”: He trained the South Vietnamese to take over so U.S. troops could return home. He carries the emotional scars of losing compatriots in battle and then being spurned upon his return to the states.

“They stripped us from our fatigues and weapons. They dressed me up, put me on an airplane and shipped me home. I got to the airport and there were all these people not welcoming me, but yelling at me! I took a taxi to my mom’s house. It was my family that welcomed me home. My dad, formerly military, insisted I wear my uniform and go with him to the bar. After several bar fights, I told my father I wasn’t ever going to wear that uniform again, and for many years I didn’t. If I wanted to get a job, I had to stop saying I was a Vietnam vet. I went into the closet and didn’t come out again until 1986 when we had a giant welcome-home party for ourselves at a farm in Indiana.”

Chatman became a leader in Detroit, helping people who struggle with addiction and homelessness. In the 1980s, he was a drug and alcohol counselor with the Proactive-Intervention Program in the Cass Corridor, a drop-in sub-acute detoxification program for indigent

people. As he took on more responsibility, he diversified services and instituted an R&R program so people would have four-hour blocks of time to rest and recover from the rigors of homeless living. He added hot meals from local restaurants and nights at local motels. He went on to create a first-aid station for injured street people, a 24-hour multi-service program to assist people who were unhoused and a respite facility so people without homes could recover after a hospital stay.

“When the governor eliminated general assistance and homelessness exploded, I got the opportunity to buy a building. NIMBY (not in my back yard) is everywhere. This way I could make improvements and not worry about rental renewals.” The Neighborhood Service Organization is still there but will be moving soon due to the gentrification of what is now known as Midtown.

Chatman’s many volunteer efforts were recognized in 1999 with the Robert Wood Johnson Foundation Community Health Leader Award, the Americanism Award from the American Legion and he got the Spirit of Detroit Award six times. Organizations he founded are still operational and he is active with them; he also serves as the CEO and executive director of the Michigan Veterans Foundation in Detroit. ●



## PUZZLE SOLUTIONS

9	2	6	3	8	1	7	5	4
3	1	5	7	9	4	6	8	2
8	7	4	5	6	2	3	1	9
5	6	8	2	4	9	1	7	3
1	3	9	8	7	5	2	4	6
2	4	7	6	1	3	8	9	5
6	5	1	4	3	8	9	2	7
4	9	3	1	2	7	5	6	8
7	8	2	9	5	6	4	3	1

A	G	E	N	T	S	U	M	P	S	C	A	M
C	O	L	O	R	H	M	O	S	A	L	L	E
H	O	B	B	Y	L	O	B	B	Y	T	O	L
T	P	E	E	L	O	O	R	S	P	U	T	T
A	R	A	F	A	T	P	A	S	T	A		
C	V	I	U	T	I	R	A	W	E	M		
H	O	R	I	Z	O	N	T	A	L	U	S	E
I	C	O	N	O	G	E	M	A	P	P	L	E
H	A	N	K	J	A	M	S	E	S	S	I	O
U	L	M	H	U	T	H	P	S	N	W	T	
A	R	A	F	A	T	P	A	S	T	A		
H	A	I	R	Y	W	A	C	O	P	S	S	Y
U	N	D	O		D	A	R	K	M	A	T	T
A	G	E	S		E	V	I	L		S	T	A
S	E	N	T		N	Y	S	E		H	O	R



# Pear, pomegranate & spinach salad

**ELIZABETH BAUMAN**

Groundcover contributor

## **Salad**

2/3 cup chopped walnuts or pecans, toasted  
3/4 cup pomegranate arils  
3 oz. feta cheese, crumbled  
1/2 cup dried cranberries  
2 Bartlett pears (firm, but ripe), cored and sliced  
9 oz. baby spinach

## **Dressing**


1/4 cup apple cider vinegar  
3 Tbsp. extra-virgin olive oil  
1 1/2 Tbsp. honey  
1 tsp. Dijon mustard  
Salt and pepper to taste

Place all salad ingredients in a large bowl. Whisk dressing ingredients in a small bowl, drizzle on salad and lightly toss. Serve immediately.

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